

## A Few Ways to Use Milestone Blessing Bowls!

1. Display on table or desk: People ask, "What is this?" and you will share stories of faith and life.
2. Family gathering or small groups: Invite each to pick a stone and tell about a recent milestone experience.
3. To honor a person: Invite everyone to pick a stone and tell a life story about the honoree.
4. Carry a stone in your pocket: Take into the day as a reminder of specific people and the God whose love goes with you.
5. To pray: Pick a stone at random and pray for the life situation that comes to mind.
6. At the dinner table: Pass the blessing bowl, each selecting a stone and sharing a story of his or her day.
7. At a meeting: Use the blessing bowl to open the meeting, to check in on life's joys and sorrows.
8. To close time together: Take a stone representing what each is facing this week and ask, "What shall we pray for you?"
9. With young children: Match each stone to its picture on the pad. The inevitable question, "What does this one mean?" opens conversation.
10. Bible Study groups: Invite people to select a stone that describes what has happened in their lives since they last met.
11. Build a collection: Add to the bowl a pebble or shell or small memento that holds a memory.
12. Send a gift: Mark life milestones by giving a gift to a favorite ministry or charity.
13. Use a dry erase maker: On the blank stone, write your own milestone highlight for the day.



Bowls and stones created by Liturgical Artist  
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Meaningful and Memorable  
Moments Woven into a Life  
Lived in Faith



\* Mat sold separately.

*The extraordinary grace of God is hidden  
in the ordinary happenings of each day.*

# MEANING OF THE STONES



## Beginnings and Completions

Examples:

Engagement • Graduation • First School Bus Ride • Driver's License • New Job • Moving Away • Retirement • Child Leaves Home

In blessing new beginnings or completions we are reminded that a God who is familiar with us meets us in unfamiliar places. The creation story in Genesis states that every day had a sunrise and a sunset, "And there was evening and there was morning."



## Remembering

Examples:

Birthdays • National Holidays • Reunions • Sobriety Anniversary • Baptism Birthdays • Anniversaries • Bible Stories • Songs

We learn from the past so that we can move forward in life. Exodus 20 and in Deuteronomy 5 we are commanded to keep a Sabbath day, to remember what God has done and is doing in our lives.



## Loss

Examples:

Death • Loss of Pet • Loss of Job • Miscarriage • Divorce • Loss of Health • Loss of Love • Loss of Family Farm

In our deepest pain, God graciously wipes our tears and holds us with the arms of the cross as long as we need to be held. "For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:37-39)



## Quests

Examples:

Learning to Dance • Job Interview • Running a Marathon • Discerning Vocation • Engaging in Mission • Try Outs • Climbing a Mountain • Finding a Treasure

Quests are the times of wonder, stepping into the unknown, and taking the risk of exploring a new path in life. In Matthew 16:24 we are reminded that we are called to step away from our comfort zones, pick up our cross, and follow Jesus.



## Blank

Examples:

Birthdays • Special Events • Unique Milestones

This stone can be used along with permanent markers to customize the stone to remember unique and special events in our lives.



## Sacred

Examples:

Family Time • Wedding • Funeral • Confirmation • Baptism • Creation • Christian Holy Days • Eucharist

The holy and sacred are found in the presence of God. Symbols, rituals and traditions are sacred when we meet God where Moses, standing before God in the burning bush was told, "the place on which you are standing is holy ground." (Exodus 3:5)



## Gratitude

Examples:

Friendships • Family • Health and Healing • Miracles • Appreciation • Prayers • Gifts • Thanksgiving Days

We applaud, whistle, shout, stomp, sing, pray, smile, hug, give. "O give thanks unto the Lord, for he is good, for his steadfast love endures forever." (Psalm 136:1)



## Care

Examples:

Helping Others • Supporting Missions • Prayer • Campaigning for Peace, Justice, and Mercy • Medical Assistance • Visiting • Caring for Creation

This stone represents giving and receiving care with grace and gratitude. "Who is my neighbor?" the young lawyer asked. Jesus answered with the Good Samaritan Story (Luke 10: 25-37), giving us direction for faithful living.



## Mountain Highs

Examples:

Birth of a Child • Recognition • Fishing with Dad • Learning to Read • Falling in Love • Achievement • Seeing a Comet or Star • Worship

After looking at the heavens, the moon, and all the stars, the Psalmist in Psalm 8 states, "what are human beings that you are mindful of them, mortals that you care for them?" Mountain Highs are Wow Moments!



## Valley Lows

Examples:

Fired from Job • End of Relationship • Acts of Inhumanity • Recognition of Sin • Broken Trust • Failure • Destroying Creation • Depression

Having the rug pulled out from under you, having the wind knocked out of you, depleted, disappointed, distressed, and distraught describe the low experiences and empty feelings of Valley Lows. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff they comfort me. (Psalm 23:4)